

Arroz Con Pollo Chicken and Rice

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 2 **tablespoons** vegetable oil
- 1 chicken (whole, cut up, skin removed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic clove (minced)
- 2 tomatoes (chopped)
- 2 **1/4 cups** chicken broth (low-sodium)
- 1 bay leaf
- 1 **cup** rice (uncooked)
- 1 **cup** peas
- salt (to taste, optional)
- pepper (to taste, optional)

Directions

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	4 g	6%
Protein	11 g	
Carbohydrates	31 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	70 mg	3%

